

What's Happening Gilbert Seniors!

Spring Issue

Welcome to the newsletter!



Happy Spring...Let the sunshine and flowers warm all your hearts! Please make sure you are looking on our monthly calendar for new exciting opportunities to participate in.

Let's make the next three months

AMAZING!! -Amanda

EXERCISE CLASSES

The Gilbert Senior Center offers exercise classes Monday-Friday.

Mon: Tai Chi - 9am

Tues: Chair Exercise -8:30am

"Silver Sneakers" -9am

Wed: Yoga - 9am

Zumba Video - \$2 at 1pm

Thurs: "Silver Sneakers" - 9am

Fri: Zumba Live \$5 -8:45am



* Please consult your doctor before start any exercise program.*

Outreach with Kris

Spring has sprung! YEAH! Just remember, you don't have to spend time looking for answers to your problems.. I am your personal resource for whatever needs you may have. I can help with personal matters such as DMV info, insurance claims or social security questions. I have resources to provide legal aid or Medicare assistance. If you are needing help with transportation, I have extensive information about the Dial A Ride program. From A to Z if I don't have the answer I'll find someone who does. I look forward to serving you!

Kris Balzan 480 503-6061 kris@chandlerfoodbank.org

VOLUNTEERS NEEDED

Looking to do something fun and meaningful? We are always in need of volunteer help in all areas of the center. From the kitchen, to office help, running the Bunco, or delivering meals to the homebound, there is a need.

We have a terrific group of volunteers, but we could use more. Please see Kris to get a list of current volunteer opportunities.

We would not be able to accomplish all that we do if it were not for the volunteers who give their time and energy on a daily basis. Thank you to those who serve and welcome to those who are interested in serving.

Newcomers Meet & Greet

Open to ALL participants.

This is a great opportunity for new members to get to know some of our "seasoned" participants and staff as well as a chance to learn more about what we have to offer here at the Senior Center. Join us in the dining room on the 2nd Wed. of each month at 1:00 pm.

Fun Clubs

Looking for a good way to meet new people and enjoy your time at the center? The Gilbert Senior Center has a number of clubs to chose from.

Mondays: Jewelry Club, Bridge Club

Tuesdays: Pinochle, Mexican Train, Rummikub

Wednesdays: Knitting/Crocheting Club

Thursdays: Bridge Club, Rummikub

Fridays: Craft Club, Scrapbooking, Sewing Club

Days and times will be set each month.

Check your monthly calendar for dates and times.

FOOD BAGS

The Gilbert Senior Center is happy to provide a Food Bag once a month for qualified, active participates in need. You must sign up a week in advance & not be receiving a food bag from another associated program. For more details please call 480-503-6061.

FOOD BAG PICK UP IS THE 3rd TUES. & WED. OF EACH MONTH.
YOU MUST SIGN UP AT LEAST ONE WEEK PRIOR TO DELIVERY.
SIGN UP IN THE SENIOR CENTER OFFICE.

Board Games

Have you noticed the fun new board games we got to play with?
Yahtzee, Words with Friends, UNO, Apples to Apples, Sequence, and
of course more Rummikub sets!! Anyone is welcome to use them
and are also welcome to Laugh out Loud while playing these games.

Have Fun!!

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Up Coming Events

Dining Out

Come join us for good food, good company, and maybe even some laughs! LEAVING the Senior Center at 4pm.

Flamming Kabob

Wednesday April 2nd Sign up until April 1st

Sal's Gilbert Pizza

Wednesday June 4th
Sign up from May 19th-June 3rd

<u>Rio Rico</u>

Wednesday May 7th
Sign up from April 21st-May 6th

Mike's Cheesesteaks

Wednesday July 9th Sign up from June 23rd - July 8th

<u>Diamondbacks Baseball</u>

Come on out and join us for some great baseball!

Games start at 12:40pm.

We will leave at 11:30 am. (T)

April 16th
\$22 pp (T)
Against The Mets
Sign up by
April 7th

May 14th \$22 pp (T) Against TBA Sign up April 21st - May 5th June 19th \$22 pp (T) DB vs Brewers Sign up May 28th – June 9th

July 23rd \$22 pp (T)
Against The Tigers
Sign up June 30th– July 14th

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Up Coming Events

Botanical Gardens

April 8th \$3
Leaving 9am (T)
Wear comfortable
shoes, sunscreen and
bring a hat for your
walk through the
beautiful garden.
Sign up by April 4th

Gilbert Senior Expo

Wednesday, April 9th
Doors open at 9am-12pm
We will have health care
vendors, handmade craft
booths, raffles, and more.
Craft booths will have
items to purchase.

Turf Paradise

April 30th \$3
Leaving 11:45am (T)
Come join us for a
fun day at the horse
races. Lunch is on
your own.
Sign up starting
April 14th-28th

Sock Hop

Let's roll back the clock, and listen in... yep, it's the 1950's.

Come join us for a fun filled time at the Sock Hop. Wear your poodle skirts and saddle shoes for a hopping good time!

Tuesday June 10th Party from 10:30 am-Noon

Family 4th of July Picnic

Join us for a great family fun filled day at the Center on <u>July 3rd.</u> Great Music by CB Kelton and family fun picnic goodies. Invite your families & show them your Senior Center! Even get your picture taken with your family and friends! Party Starts at 10:30 am.

MOVIES

Check the monthly calendar for the movie that will be playing here at the Center each month. If you have a movie recommendation contact the Activity Specialist or attend the monthly activity meeting. Popcorn will be given, so make sure and sign up!

Gilbert Senior Center

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Gilbert, Arizona 85233

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Activities Specialist

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480-503-6061

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480-503-6058

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Check us out on the web...
http://chandlerfoodbank.org/
OR

http://www.gilbertaz.gov/parks/ seniors.cfm

https://www.facebook.com/ pages/Chandler-Christian-Community-Center/165492116800788

Donations

Please keep in mind the Gilbert Senior Center is accepting donations. The following is a list of needed items:

Boutique: Gently used clothing, knick-knacks, jewelry etc. Profits go to the Gilbert Site Council and help support a variety of senior center activities and events.

Arts and Craft: Supplies for classes and clubs Postage Stamps: Used for newsletters, site council cards or as requested by participants. Monetary donations are TAX FREE!!! A donation of \$100 or more and your name will be added to the Gilbert Senior Center \$100 Contribution plaque that hangs in the dining room. Don't forget to ask for a receipt! (Please make checks payable to CCCC and specify if you want the donation to go to-

Home Delivered Meal Program

Did you know you could have a hot, nutritious meal delivered to your home? We offer home delivered meals Monday- Friday between the hours of 10 am and 2 pm depending on your location. Participants may qualify for financial assistance or pay \$5 per meal which is billed on a monthly basis. This is a perfect solution for those recovering from a hospital stay or sickness and may be unable to prepare a meal. If you're interested or know someone who can benefit from our service please contact our HDM Coordinator

Pat Hutfles (480)503-6058 Pat@chandlerfoodbank.org